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PATIENT INSTRUCTIONS FOR QUADHELIX (SLOW EXPANDER)

Your quad helix is designed to expand your upper jaw. The quad helix is able to provide light, continuous forces in order to slowly expand the dental arch. Your appliance may need to be adjusted as it works in your mouth. It may also have a habit reminder incorporated to prevent finger or thumb sucking. With the prevention of the habit, your teeth will be able to close together in the front.

1. Pain is rarely experienced as the quad helix provides a light, steady force to your teeth.
2. A space may develop between the two front teeth, this is normal.
3. In some instances, the quad helix may need to be removed and readjusted and put back in place.
4. With your quad helix there may be initial difficulty in speech for the first few days.
5. Try to keep from playing with the quad helix with your tongue to avoid distortion of the appliance.
6. Thoroughly brush your teeth and quad helix after every meal. A Water Pick is helpful in cleaning the quad helix.
7. Stay away from sticky or chewy foods, (i.e. caramels, taffy, and gum).
8. If you feel that one of the bands that attach to your teeth is loose, please contact our office immediately to schedule an appointment.

If you have any questions that need to be answered please feel free to call our office at 272-4242 or you may email Dr. Housley at drhousley@owassoorthodontics.com or Dr. Dobson at drdobson@owassoorthodontics.com

THANK YOU,

DR. HOUSLEY, DR. DOBSON, AND STAFF

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